

Weekly Column for May 25, 2006

What an absolutely beautiful day it is in the City of Troy this afternoon. Temperatures are in the mid-70's, there isn't a cloud to be found in the entire sky, and the unofficial beginning of summer is nearly upon us with the Memorial Day holiday this weekend.

I had the wonderful opportunity to meet with a gentleman today named Andy Mandell, affectionately known as Mr. Diabetes. Andy is in the process of walking around the perimeter of the United States in an effort to raise awareness about the debilitating effects that diabetes has on Americans of all ages.

Earlier this week his journey hit the 7,000-mile mark, and will continue on to Bennington, Vermont after leaving Troy.

When he was 40 years of age, Andy was diagnosed with diabetes, a disease he says nearly "licked" him. Now he is up and raising awareness so that others do not have to go through similar challenges.

The Florida resident is the founding executive of the organization called Defeat Diabetes Foundation. The purpose of his visit to Troy today was to disseminate information to residents and people around City Hall. I urge everyone to visit Andy's website, which has a significant amount of information about the disease, as well as a screening test you can take.

The website address is [www.defeatdiabetes.org](http://www.defeatdiabetes.org). Please visit, you never know what good it could do. We want to wish Andy all the best as he continues on his journey. We will certainly help him spread the message any way that we can.

As I mentioned earlier, this weekend is of course the unofficial beginning to summer, as well as one of the great parades in the City of Troy. On Monday the annual Memorial Day parade steps off at 11 a.m. Every year the crowd seems to grow larger and larger, and we certainly believe that with temperatures expected to reach the mid 80's, the crowd will be large again.

If you happen to be in town this weekend, please come on down and join us in Lansingburgh on Monday morning for a great parade that pays tribute to our greatest heroes- the ones who have served their country.

Have a terrific weekend, enjoy the weather, and welcome to another summer in the Northeast.

Harry J Tutunjian  
Mayor of Troy